



Editor  
Ruth Williams, R.M.

January, 1957  
Kennebec, Wash.

## THE EVOLUTION OF LIFE AND DEATH

By John A. Murray R.M.

By the time the next issue of The Washington Massage News, goes to press Christmas day will be behind us, and New Years Day before us.

Each January first a new year is born, and the old year dies so to speak. This is true of life as well, whether it be plant or animal life. Each springs from a tiny microscopic cell; it grows to maturity, in the case of plant life, it blooms and is beautiful at this stage, then it prepares for reproduction, then the withering process, and finally death. The same is true of the animal life, what is more beautiful than a young animal at maturity, whether it be a horse, cow, boy, or girl. Each is the bloom of youthful maturity.

I had the good fortune of being born on a Montana stock ranch, one hundred miles from a railroad, with horse drawn stages for passenger and mail delivery, wagons drawn over prairie and mountain roads, by twelve and fourteen horses, guided and controlled by a single line, known as a jerk line. This was my fathers method of marketing his produce, mostly wool, and bringing in supplies, the sheep and cattle walked to market.

My brothers and I became acquainted with animal and plant life, from the time we could toddle around. The seeding of the grains and grasses, the mating and birth of animals were as matter of fact to us, as day and night, or summer and winter. Many of the ewes and some of the cows, weakened by the long cold winters, and sometimes shortage of feed, would not survive the winter, and died in the first warm days of spring. The pelts of those animals would sometimes be worth as much as the live animal, at least they helped to pay for feed. My brothers and I became skinners as soon as we could handle a knife and that comes pretty young to a ranch boy, for they are always trying to do what they see their elders do.

After we would get the skinning done, we would hold post mortems, to us, at that time we were just satisfying curiosity, but it paid off at a later time, because at many times we learned that the cause of death was due to the abnormal position of the foetus, in the birth canal. As we became more matured, we became quite efficient in correcting these conditions at birth, saving the life of many animals for our father, and neighbors also. Not only assisting in birth, but after care, such as retained placentas and uterine eversions. From this experience, plus a couple years of pre medical study. I assisted in the delivery of our first born, not from choice, but necessity.



My father was a breeder of pure breed horses and cattle, to become more efficient, one brother and myself took a course in scientific breeding at Montana State College, purpose to help overcome barrenness, sterility etc. by the use of microscope and artificial insemination as an aid to production and life.

Through my early contacts with death in pets and other domestic animals death among the human animal, came as a matter of course. I felt no squeamishness as others have described to me, my first repulse to death came when it was necessary to kill for food. On a large stock ranch that is a disagreeable duty to butcher, beef, pork, lamb, or fowl but it has an advantage, it is a wonderful first hand teacher of anatomy maybe not in technical names of this and that, but in normal position and function. Also it had lessons in pathology, such as cistitis, nephritis, ovarian cysts, fibrous tumors, adhesions, etc. Let me say here that anyone who claims to break up adhesions by massage or bloodless surgery, has never seen a real adhesion. I have seen lungs adhered to the chest cavity and intestines adhered to the abdominal wall so tight that you would tear the organs before you could pull them free.

To bring this message to an end like the death of the year 1956, I will mention again my contacts with death, as an ambulance attendant, with a Los Angeles city Ambulance, serving the police detail known as the "blood and mud" crew on the "meat wagon" we served auto crashes, fights, attempted suicides, heart attacks, Epileptics rape, and other crimes where bodily injury was done. The victims were often found dead on arrival, or would die enroute to receiving hospital or on arrival there. Many were also saved, who looked as if nothing could be done. Only a miracle that God alone can perform, prevented their death.

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#### A LETTER TO THE EDITOR

Dear Editor

Let me say something about organizing in the state of Washington.

A year ago, or so we sent out letters to people whom had taken the examinations in the City Civil Service Department, and only about two of the 500 letters met technicians that were still on the job... ..this means that the population of Masseurs and Masseuses is still changing. And we should be alert to get those that are coming in.

Let us point out that little of nothing has been said to welcome Dr. Jennie Cotner, in Spokane with her school--since she changed to Spokane. It seems to me that this school should be mentioned in some way in our paper most every month...this is the center of our "NEW GROWTH"... new students and the center of our Post graduate courses.

I think someone should mention these "SLENDERELLA", Niagra, and Stauffer treatments. Seems to me that this is important.....

After all you can't write this all unless our members say something and I am not going to write too much because I shot my wad when I was Co-Editor of the paper. I feel that it is the duty of those others to come forth and say something NOW, as I have other things to do--namely I am trying to get contacts in the eastern states to attend our National Convention in Pottsville Pa.

Then too this will start the NEW YEAR, and I think we should have a State birthday party on January 30, 1957. Invite the public and give them a demonstration etc.

Happy New Year to all our members and friends.

Milton A Niedfelt



NEWS FROM SPOKANE LOCAL  
Dick Butt  
Secty-tres.

The Christmas meeting was held at Steve Masan's on December 7.

Dr. Cotner announced her School of Massage would open December 17, at 2207 N. Morton St.

There was a discussion on advertizing and the price of treatments but nothing definite was decided.

The next meeting will be held at Dr. Cotner's residence at N.2207 Morton St. with Dr Cotner and Mildred Churchill acting as Co-hostessés.

After the business meeting there was an exchange of gifts and delicious refreshments were served by Mrs. Masan.

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Editor Washington Massage News

Dear Editor

I note your article on Fluorine, which is quite instructive and possibly enough for our technicians! I notice how "BEAUTIFUL" you ended it by saying "Increase them by selecting one or two each day from the list given. Cauliflower, cabbage, cod liver oil, goats milk, goats cheese, roquefort cheese, sauer kraut, shinach etc." (End of quote)

This week the Seattle Gas Company is changing over from artificial gas to natural gas. Either gas is fine for consumers use--But the gas company is very careful the the two gases do NOT MIX-- Why? The chemical compound is poisonous... and so it is with other chemistry. Man can try as he will he cannot make a living plant, a cauliflower or a cabbage. They contain Organic Florin, a living compound!

It is a known fact that almost every thing we eat is a living compound to begin with...only when men "TAMPER" with it does it become harmful. And so with fluorin.

If people must have A-R-T-I-F-I-C-I-A-L Fluorin then it should be bought at a Drug Store and prescribed by a medical physician..for a limited time only. Artificial Fluorin is quite different from the Living Fluorin found in plants. It is one thing to prescribe a medicine for someone that needs a stimulant and prescribing a medicine for everyone to be put in their drinking water.

Let us point out that the Florin that is being advocated for drinking water is Sodium Fluoride, probably the most harmful of all fluorides. Remember there are other forms of Fluorin also. Some of them are Calcium Fluoride, Hydro Fluoric Acid. Not only has Fluoride been used as a basis of rat-poison and the manufacturer of ROUGH-ON-RATS has told the public not to use, but it is the most deadly poison known..and it is accumulative.

Milton A Niedfelt



## FEASTING OR FASTING

By Ruth Williams, R.M.

Much has been said on the subject of diet but little has been said about fasting. Fasting has been practiced in varying degrees and for different purposes by many different people, from ancient to modern times. Although the objectives of fasting vary among individuals and groups, the aims of fasting fall, for the most part, into three distinct categories: (1) fasting for reasons of spiritual enlightenment self-discipline and other religious motives; (2) fasting for the purpose of achieving political ends; (3) or fasting for the improvement of health.

Fasting for health has long been recognized as a valuable agent in the problem of efficient living. Generally speaking, its value lies in the fact that it permits additional cleansing activity, especially as related to toxic conditions and toxic material of general character. It is not, however, good business to go on a long fast without the direct supervision of a physician who understands fasting and the reactions associated with it.

As a general practice, it has been found that a so-called three-day fast will be invaluable, if intelligently taken by the average individual once every two months.

As a corrective measure in disease, the frequency and duration of the fast must be determined by the physical condition of the patient, and also by the character of the disease. The following three-day fast has been found beneficial in hundreds of cases, and may be applied as a general measure providing for a greater efficiency in this business of living:

Upon arising drink two glasses of water, either hot or cold, as you prefer. Every two hours, up until six o'clock drink two glasses of water. Do not take anything else into the system for the three days.

Breaking the fast is just as important as the fast itself. It is well to remember that the digestive apparatus has been practically out of business for three days and common sense tells us that it would be folly to immediately burden it with a heavy meal of any sort. On the first day after the fast it is a good idea to drink one glass of orange juice every two hours during the day. This may be followed by a glass of water, if desired. The following day one large orange may be eaten every three hours, and it is assumed that water be taken into the system every two hours but the quantity may be cut to one glass instead of two. On the third day an orange may be taken three times a day and with it one glass of whole milk. Use only certified whole milk and be sure the milk and the fruit are thoroughly masticated and eaten together.

On the fourth day the breakfast may consist of a good wholewheat porridge, served with whole milk and honey, if a sweet is desired. The regular meals may follow at the usual hours, but must be composed largely of non-starchy vegetables, prepared in their own moisture. Whole wheat bread, properly baked may be used. Two coddled eggs may be included in the diet and any sweet fruit such as dates, black or white figs can be used for dessert, if desired. From this point on the diet should be selected largely from the non-acid food lists as provided in this volume.

Fasting is indicated not only in the event of overweight, or toxic saturation manifesting itself in kidney breakdown, high blood pressure, indigestion or disturbed digestion, but also in cases where the nerves appear to be ragged, the individual irritable, restless, and generally nervously upset.



The first problem in cleansing the body is to provide for increased elimination and to guard against the possibility of creating further toxic by faulty dietetic habit. While it is not generally advisable to resort to internal bathing as a practice, it is found to be a valuable agent during the fast for corrective purposes. An internal bath, using two quarts of water, to which has been added about two heaping table spoons of table salt, may be taken twice a day during the threeday fast and once a day during the three days, following the fast. This bath has been described at another point in this volume. It is not advisable at any time to refrain from all nourishment, including water, for any period of time, not even a day's duration. When refraining from other foods, use plenty of good wholesome water.

Fasting is valuable only insofar as it is intelligently used for a definite purpose.

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#### THOUGHT FOR THE DAY

"Resolution" says John Foster, "is omnipotent"--He that resolves upon any great and good end, has, by that very resolution, scaled the chief barrier to it.--He will find such resolution removing difficulties searching out of making means, giving courage for despondency, and strength for weakness, and like the star to the wise men of old, ever guiding him nearer and nearer to perfection.---Tryon Edwards.

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The letter on the following page is self explanatory. We sent these letters and included the booklet that was put out by the national A.A.M. for the patient. Many have called to thank us for the record of their treatments as well as the booklet. We are convinced that many a patient who maybe only has had one treatment will be back as a result of the reminder that they were once in our office. This is another suggestion of how we may increase our business for they are sure to tell others of our thoughtfulness.

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#### Welcome, N-E-W Y-E-A-R

Little new year at the gate,  
The night is late.  
Come you in and share our cheer;  
Cold the winds o'er mead and mere.  
'Tis to bid you welcome here  
We celebrate.

Little new year at the gate,  
Come inside.  
Be our comfort and our aid,  
Keep us strong and unafraid,  
Guard this peace that we have made,  
While you bide.

By Lalia Mitchell Thornton



and its equipment.

Healthfully yours,

December 1956  
Kennewick, Wn.

*Jess and Ruth Williams R.M.*

Atomic Health Center  
26 E 3rd Ave.  
Kennewick, Wash

Seasons Greetings:

This is a complete record of the treatments  
you have taken during the year 1956, at the Atomic  
Health Center.

We sincerely hope that you will find it useful  
in compiling your income tax.

We wish you the best of health and happiness in  
the coming year, however, if you should need us again  
we are here to serve you in our new and improved office  
and its equipment.

Healthfully yours,

December 1956  
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